



Understanding Food: Principles and Preparation

Amy Christine Brown

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UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION is your introductory guide to learning about foods, food preparation, food service, and food science. Integrating these key topics with relevant information about nutrition and the food industry, the Fifth Edition gives you a thorough overview of the different dimensions of food principles--and insight into the variety of career options available in the food industry. Numerous photographs and illustrations help you understand and apply what you read.

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